



CSI's new face!

Sam Egleston joins Conestoga as the new communications specialist.

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Spoke

Luck be a lady tonight

Conestoga students take a trip to Niagara Falls hoping to win big.

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Art festival comes to Kitchener

Kitchener City Hall displays artwork from a variety of artists.

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Monday, October 6, 2003

Conestoga College, Kitchener

35th Year — No. 5

Party animals prowl off campus for fun

By RYAN CONNELL

Efforts to generate more student participation for activities and events in the Sanctuary haven't been going exactly as planned.

Conestoga Students Incorporated (CSI) has scheduled 150 events for the Sanctuary this year.

That number may sound impressive when written on paper, but it's not when you consider that one of those events had only six students at it.

CSI vice-president of activities Ethan Miller wants to make a change to activities by putting more effort on the quality of student events.

"I would rather be doing fewer events and be focusing on quality over quantity," Miller said. "You want a quality event where students have a great time at it and look forward to the next one."

Miller said there is so little advertising for many activities and events because there are far too many happening at once to promote all of them. When an event isn't promoted, the student body is unaware of activities taking place so attendance is minimal. Miller said CSI can't expect students to hear about events through the grapevine.

"Conestoga has a very poor word-of-mouth advertising system. It is very departmental, very

divisional," Miller said. "We need to focus on more quality events with more promotion."

Miller said he would like CSI to create larger events that the students will remember such as the pond parties, toga parties, Queensmount arena events, Mardi Gras and Polar Plunge.

"These are events that people think about when they think of Conestoga College," Miller said. Instead, he would like to have 25 large events and forget about the smaller events.

Miller said he is discouraged when CSI spends money on security guards and police officers for pub nights only to find six students show up.

"It pisses me off because there's money I ask to have for certain ideas I have that I can't get," Miller said. "Yet we're spending money on security guards who sit around and laugh at us because nobody came to the event."

Some students contribute the lack of student participation to where many of the events are held. Many students find the Sanctuary an uncomfortable place to party because it is on college grounds and has a school atmosphere, despite renovations made to the Sanctuary this year to make it more club-friendly.

Second-year practical nursing student Amy Van Haren said she

doesn't like the Sanctuary in the middle of the campus because you have to go so deep into the school to get to it.

"It feels so much like going to school when you go to the Sanctuary. It's weird," Van Haren said.

Second-year law and security administration student Kathleen Bahen agreed, saying she feels pressured to participate in school events. "It's the rebel effect," Bahen said.

"CSI pushes it on us so much to go to the pub nights and it just makes you not want to go."

If students have issues and concerns with how events are being run by CSI, Miller said they are certainly not being brought to their attention. CSI held a public forum a few weeks ago where only one student showed up.

"I sense a very passive student body at this college. There's not a whole lot of necessity to tackle the issues or voice opinions," Miller said.

Miller is worried history is repeating itself because the lack of participation that happened last year is starting again already.

"I'm working on trying to make things better at these events," Miller said.

"One of the first starts is just cutting out the fat and saying let's do less and 'Let's do better.'"



(Photo by Darren Smith)

Did someone call 911?

First-year paramedic student Nick Koopman plays the part of a patient as fellow students learn the proper way to load him into an ambulance. (Clockwise from bottom) Katie Gibbons, Kelly Armstrong and Danielle Desrochers all assist in the trial run.

Students gather to hear Cambridge candidates

The Sanctuary filled as three major parties presented their platforms and welcomed questions

By VALENTINA RAPOPORT

If it's not affordable, then how are students doing it?

That was Cambridge Progressive Conservative candidate Gerry Martiniuk's answer when asked how his party would fix high tuition rates.

"The fact is, we can discuss the statistics and how people feel about the costs but there are more and more students going to our colleges and universities," he said.

His answer brought gasps among students who packed into the sanctuary Sept. 29 to hear provincial candidates voice what their party would do if elected.

Along with Martiniuk were Liberal candidate Jerry Boyle and New Democrat Pam Wolf.

"This government should be ashamed of the terrible increases we've seen (in tuition hikes)," responded Boyle, adding, "But so should the NDP party," referring to the 42 per cent increase in tuition

that took place when they were in power.

According to Boyle, if elected, the Liberals would freeze tuition hikes, provide free tuition for 10 per cent of low-income students as well as increase the number of scholarships available to students by 50 per cent.

NDP candidate Wolf pledged if elected, her party would make sure both part-time students and those on social assistance can receive loans. In addition, she said the party also plans to increase the amount of grants available to students.

"We do not believe any student should be denied an education because they can't afford it. We believe education is a right and not a privilege," she said.

As well as tuition questions, students asked about the lack of full-time nursing positions in the province, the drop in college funding, plans for the funding of social programs, increasing car insurance

rates and available health services for new immigrants.

When asked about the 44 per cent drop of funding per student when enrolment has increased by 49 per cent, all three candidates announced their parties had plans to increase funding for both colleges and universities.

"We will put \$2.1 million back into education," responded Wolf, adding the NDP also plans to start the Education Excellence Fund, sustained by a two per cent tax on Ontario residents with incomes of more than \$110,000 after taxes each year. "This way we will be giving \$1.5 billion yearly for education."

Martiniuk, on the other hand, didn't outline any specific plans to increase funding for schools but instead said it is up to the students to "repay their own debts to society" once they find jobs.

"I do not believe in subsidizing the wealthy," he added.

Boyle, like Wolf, agreed funding

for schools should be increased and announced the Liberals plan to spend \$400 million in the education systems.

"They're (the PC party's) funding towards the college student is about the same as their funding to prisoners," he said.

All three candidates said their parties planned to increase hospital funding to make more full-time nursing positions available.

When asked about funding for social programs, Martiniuk said the PC party has made a great difference in Cambridge by having one of the biggest shelters in the tri-city area.

"I feel we've done great work, especially for the homeless," he said, adding the party plans to spend an additional \$1.3 billion to help the homeless.

According to Wolf, the reason for the increasing number of homeless in Cambridge is the lack of affordable housing and the low minimum wage.

"We need minimum wage raised immediately, not after four years like the Liberals plan or never as we've seen so far with the Conservatives."

She said the NDP plans to raise the minimum wage to \$8 per hour and put \$32,000 toward affordable housing.

Boyle said the Liberals also plan to raise the minimum wage but in stages and also announced plans to put \$20,000 into affordable housing.

"That's the realistic number we've budgeted," he said.

Regardless of how the vote has ended and who students voted for, many expressed their liking in the fact that these three candidates took the time to come to the college.

"I'm glad they were willing to come out and show that they do care about what young people in our province think," said third-year computer programming analyst student Sean McCafferty.

'The Ghost' makes an appearance

By BRYAN MARTIN

Conestoga College students were in for a treat when The Ghost came to the Sanctuary on Sept. 22.

Also known as Gerry Watson, The Ghost showed his stuff at the centre pool table.

As soon as Watson was introduced a large gallery of other pool players and students gathered to watch him display his talent.

Watson started by talking to the audience while he was warming up. He was wearing a dazzling black suit which complemented his mustache.

He did a number of trick shots that stunned the audience and had many in disbelief. The most popular was the one trick where he had two balls on top of each other sitting on top of a Coke bottle. He then jumped the cue ball from the

table up in the air knocking the bottom ball off the bottle and having the top ball fall and land perfectly on top of the bottle.

After this, Watson challenged students to a game, and was undefeated.

He gave away hats, books and videos to volunteers, contestants and some lucky students.

Sinisa Bjelica, a second-year computer engineering technology student, came close in a game, falling only one ball shy.

"I felt I could have beaten him near the end, but he's too good to fall for my tricks," said Bjelica.

Michelle Repasky, a first-year general business student, was called upon by Watson to perform a trick shot, but was given advice. "I was pretty nervous, I didn't want to screw up," said Repasky. "I made a shot I never thought I could make

in a million years. It was a great privilege."

Watson is nicknamed The Ghost because of his safety aspects of snooker. He practised safety moves until he could hide the cue ball from his opponents and control the game.

He has been touring the country for 20 years and has performed more than 2,500 shows.

He says this could be his last year doing this, but is not ruling out making a comeback down the road.

"Once you're out of the pool loop it's tough to get back in, so who knows what the future holds."

Watson learned his many tricks from reading books and elaborating upon them, trying to make them more complicated and interesting for viewers.

The one tough challenge he says, is talking and doing the trick at the

same time. "If you watch the pros they have plenty of time to prepare, but since I'm surrounded by students I have to keep them interested and the best way to do that is to talk to them."

Watson travels to campuses from September to December and then from January to April and takes the summers off.

He goes to approximately 20 colleges and 19 universities every year and says that keeps him on his toes and very busy.

He first started playing pool when he was 12 and by 15 was addicted and started travelling to play. Watson says in 1977 nobody would challenge him in snooker or pool because everybody knew who he was and didn't want to lose their money.

He started off his career playing snooker, then pool and then doing

his trick shots, before doing a little bit of everything.

He felt his game peaked with his best pool coming a year ago, but feels he's fallen off a little from his days where he used to be 15th in the world.

Watson says he's always working on new tricks and adding to his shows, but it's not always easy.

"It's like trying to beat the devil in Solitaire; you have to figure out the right combination."

He says if he's 95 per cent confident the trick will work he'll throw it into his routine.

Watson has won many pool titles, with his greatest coming in 2002 at the Canadian Artistic Pool Championships.

He has a website, www.gerrywatson.com, a video called Pool Academy and a book 101 Big Pool Shots.

Banned liquor returns to the LCBO

By VALENTINA RAPOPORT

It is known as the green fairy which has flown its way back into Canada.

Absinthe, a hallucinogenic liquor banned since 1912 by liquor control boards throughout Europe, the United States and informally in Canada, can now be found in B.C., Ontario and Quebec. The green drink, made from a mixture of herbal extracts of chlorophyll, coriander, mint, lemon balm and aniseed, is also blended with 70 per cent alcohol.

Yet, its high alcohol level isn't the reason why it was banned. Absinthe, also known as the liquor of the Bohemians because of its popularity among artists such as Picasso and Van Gogh, also contains a chemical called thujone. This chemical's structure and effects are similar to tetrahydrocannabinol, which is an active ingredient found in marijuana or THC.

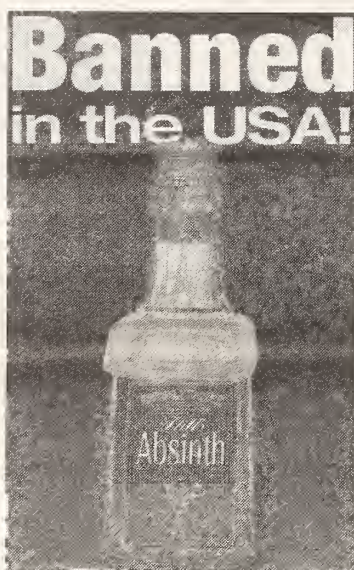
"Absinthe is OK to sell provided

that the level of thujone is below prescribed amounts," said Leonard Francen a spokesman for the LCBO's quality control board. "We do tests so the levels aren't dangerous to the youth."

According to Francen, when controlled, absinthe is a medicinal drink easy to digest.

Currently, only certain brands with low thujone, such as Hill's Absinthe from the Czech Republic, are sold in Canada. While brands sold in B.C. contain no measurable amount of the chemical, brands sold in Ontario contain less than four parts per million (ppm). Compared to the "old-time" absinthe, which contained 250 ppm, the exotic liquor is now compared to beer. In addition to its lower thujone level, the drink now only contains 45 per cent alcohol.

University of Toronto student Dan Thomson, 23, has experimented with absinthe and believes the drink has been labeled more dangerous than it really is.



(Internet photo)

"It became something responsible for madness, hallucinations, insanity, sloth, and even murder (in the early 1900s)."

Initially the liquor was banned because of murders that took place

in 1905 when Jean Lanfray of Vaud, Switzerland, went on a drinking binge that ended with him killing his family. The murders were blamed on his consumption of absinthe creating a syndrome then known as Absinthism. After the murders health officials linked the drink to addiction, epileptic attacks, delirium and hallucinations.

"Now nearly 100 years after it was first banned across much of Europe, I think our policies on alcohol regulation and quality have improved just slightly. I hope that the fear of death, madness and hallucination is no longer much of a concern," said Thomson, adding, "All the energy and money Americans and other prohibitive countries have been putting into preventing its citizens from tasting this abnormally strong licorice-flavoured beverage could be well spent elsewhere."

Chris Layton, Ontario spokesman for the LCBO, told Report News

Magazine LCBO stores don't expect the drink to be one of the more popular products.

"There's a kind of trendiness associated with these products and we're responding to the existence of a potential niche market," he said.

According to Thomson, more than 10 LCBO stores in Toronto have been selling absinthe, which costs from \$56 to \$85, depending on the brand.

"It tastes pretty powerful and somewhat unpleasant on the first glass, unless you have a thing for black licorice," said Thomson referring to the liquor's taste. "All in all, a very social activity, though not for the faint of heart or weak liver."

Along with its historical reputation, absinthe is also known for the way it's drunk by dipping a teaspoon into the liquor, adding sugar and fire to add a caramelized taste and topping it off with chilled water.

Conestoga recycles plastic bottles

By DAWN HASSON

The time has come: Conestoga College can recycle plastic bottles at no additional cost to the school.

The Capital Environment waste management company made a deal with the college to come twice a week, on Tuesdays and Fridays to pick up the recycling material. The company currently comes by the college on Fridays anyway, so they agreed to come for one additional day at the same price.

"It makes it much more convenient for larger bins," said Cheryl Vogan, a support services officer for physical resources.

The college didn't have to buy specific bins to recycle the plastic, which would have cost the school about \$85 a bin. Instead, the bins for cans were re-labelled as plastic and cans only. Martin's Building Maintenance, the school's house-keeping company, was responsible

for re-labelling the containers.

The waste management company sorts the material from the bins, which means cans and plastic can be placed in the same bin. It also provides less work for Martin's Building Maintenance, who used to sort it themselves.

"It worked out well because we don't have the storage space to put the bottles until they are picked up," said Vogan. "And the cost is still \$10 a lift, which doesn't take money away from academics."

The plastics being recycled are number 1 PET plastics, the water and pop bottles found in Conestoga's vending machines and cafeterias.

Plastics in the school account for seven per cent of the college's waste that would go to the landfill. Now, it's seven per cent of the waste diverted from the landfill.

Waste management begins the new pickup route Oct. 6.



(Photo by Dawn Hasson)

Martin Building Maintenance's Phyllis Caissie labels a blue bin "plastic only."

New face behind the scenes at CSI

By JASON MIDDLETON

Conestoga Students Inc. is hoping the addition of a specialist will help bring more people to events.

Sam Egleston, 27, is the CSI's newest face and his job as communications specialist is to create more awareness for events by creating interesting posters, updating their old website and creating new ads for both Spoke and CJIQ.

"The main thing is we want to come up with some unique ideas on ways to really promote events and get students to come out," says Egleston. "We have a vast amount of students at this college and they are paying for these activities as part of their tuition."

He wants students to stop and look at the CSI's information boards, not just pass them because of their uniformed look. "When I look at the advertisement boards they all look the same and that's why people just walk by them." He hopes to correct this by using unique poster designs.

Egleston graduated from Thunder Bay's Confederation College with a degree from broadcast and journalism and did his internship at Western University.

Recently he took a website course at Conestoga and hopes to update the CSI's website. "I really want to make the website interactive. I want it to be a source for information. If a student is at home they'll be able to access all the information about all the events from the website."

He explained he has a close working relationship with events co-ordinator Jody Andruszkiewicz.

"Jody is the voice. He's the one that organizes everything. He comes to me and says this is the event, which we co-ordinate together. He does all the booking and I would be the person who promotes it."

The addition of this position will give Andruszkiewicz more time to focus on co-ordinating events.



(Photo by Jason Middleton)

Sam Egleston, 27, is CSI's newest face. Working behind the scenes as the communications specialist, Egleston's duties include creating awareness for events, updating the old website and creating CSI ads for CJIQ and Spoke.

Egleston says this is his dream job and is a far cry from his previous job at Bell Canada as a tech support. "You have all this energy (in the CSI office) but at the same time it's such a relaxed environment to work in. It makes it easy and time really flies when you're here."

Ethan Miller, vice-president of CSI activities, says the position was added because of a surplus of money that they didn't know what to do with.

"There were a lot of ideas and the

one that was the most realistic was the idea of hiring someone who did promotions full-time. We're always running into this dilemma in the CSI of creating these events, but not having anyone to carry through with making sure people come. That's really why we created the position.

"If we get more people out to the events the college benefits, the social system at the college benefits because students are having a better time, and we make more money because more people come through

the doors. It's a win-win situation if everything works out."

Miller says Egleston is "a perfect addition to our workforce. You can just sense the creativity and the excitement." Egleston is excited about this job and wants to be successful.

"What the CSI does is put on so many events. There's so much going on. We want to promote anything and everything that has to do with student life. We want a maximum turnout for everything we do."

CSI donations to residence is money well spent

By RYAN CONNELL

The Conestoga residence and Conestoga Students Incorporated are determined to increase student participation by joining together to make this school year unforgettable for students.

CSI has agreed to help sponsor a variety of residence events in exchange for advertising CSI events to students in residence.

CSI vice-president of activities Ethan Miller said the students' union is eager to start a positive working relationship with residence.

"We would be honoured if they (residence staff) would support us when we hold an event and promote it, like a partnership," Miller said. "It would be naive to think that most of the people who come to our events aren't from residence, because they are."

Residence staff has agreed to promote different events that CSI holds by putting up posters in the lobby and on bulletin boards at the elevators.

In exchange, CSI will assist in

paying for different trips and events that residence will be holding.

CSI paid for a school bus to take approximately 50 residents on a Niagara Falls casino and tour trip on Sept. 23. Students saved \$5 because CSI covered the bus fee.

Miller said CSI would much rather spend money on residence trips where the buses are packed with students having a great time, then spend money on pub nights in the Sanctuary where the attendance is so small.

CSI hasn't discussed with residence management about how much money they are willing to spend on residence events like barbecues and field trips, but has instead agreed to give residence a helping hand whenever they need it.

Miller said the money that CSI gives to residence for events is money well spent because it increases student participation and creates a healthy student life at the college.

"The residence is the life blood of the college," Miller said. "If you can't get residents to go out for

events, it doesn't benefit CSI, it doesn't benefit them (residence)."

Residence assistant general manager Genevieve Oberle said it was great to see residence and CSI working together this year.

"We're (residence and CSI) after the same goal which is to help students have fun and get to know each other," Oberle said.

CSI and residence staff will be meeting every two weeks to discuss different events that will be happening at both places and how they can work together to generate more student turnout.

Students who don't live in residence may see the working relationship between CSI and residence negatively because all students pay a fee as part of their tuition to participate in school events that are organized by CSI.

However, students who don't live on campus are still welcome to participate at CSI-funded residence events.

"We prefer mostly residents but if they have guests over here (for events) and as long as they sign in we don't mind," Oberle said.

Students who don't live on campus, however, are unaware of activities held in residence because they are solely advertised in residence.

Residence staff organizes events for students almost everyday, most being kept small because a lot of students can't afford to spend money.

Smaller events that are occasionally organized are euchre, poker and pool tournaments.

Oberle said activity participation in residence is very low with only 10 per cent of students going on trips or other activities.

"It's best to stay local (on events) that way they participate more. Some people don't even want to leave campus to go out," Oberle said.

"A lot of the students just like to hibernate out in their rooms."

Events that residents can look forward to in the month of October include a Fat Bastard dinner buffet on Oct. 9, coffee house night on Oct. 15, Sex-education Fantasia party on Oct. 22, Sex Jeopardy on Oct. 24, and pumpkin-carving contests in time for Halloween.

Fundraising underway for year-end banquet

By JAMES CLARK

Students and faculty of the law and security and police foundations programs have begun to fundraise for a year-end banquet.

Small year-end dinners have been held in the past, but it has been a decade since a full-scale banquet has been organized.

A committee that includes both first- and second-year students has planned a number of events to raise money for the banquet, including 50/50 draws held every two weeks. One draw has already been made with a prize of \$167.

A raffle will also be held with prizes that include a 36-inch television and possibly two Hewlett-Packard iPAQ pocket personal computers.

Organizers are hoping to hold an elimination draw with a grand prize in the thousands of dollars. Plans are also being made to auction off students and two faculty members to be a slave or a date for a day.

Camie Condon, a police foundations, law and security and liberal arts teacher, will be one of the faculty members auctioned off as a date or slave.

"We want to make the fundraising fun for everyone," said Condon.

Summer Faoro, a second-year law and security student, said she realizes that the students and faculty involved have a lot of work ahead of them to make the event work.

"We know we have a large sum to get to, so we are willing to do as much as it takes," said Faoro. The group hopes to raise between \$40,000 and \$50,000.

In 1994 the grand prizes of the raffle draw were a new Toyota Tercel and a two-week vacation to the Barbados.

More than \$125,000 was raised from raffle ticket sales, a golf tournament, and other events. Approximately 250 people attended the banquet at Waterloo Inn.

The location has not been set for this year's banquet, but it is expected to attract close to 800 people.

It will be open to alumni and first- and second-year police foundations and law and security students, who will each be able to bring one guest. The raffle and elimination draw will be held at the banquet.

Condon said the inspiration to revive the year-end banquet came from her husband, a law and security alumnus.

She said her husband was disappointed when he learned the program didn't have a year-end banquet. "He has been harassing me for the last three years that I have been working here to start it up again."

Condon said raffle tickets are available now and emphasized that anyone is eligible to purchase a ticket in any of the draws. Raffle tickets are \$10 or three for \$25 and elimination draw tickets are \$25.

Theft hurts us all

Whatever happened to the old concept of not taking what isn't yours? It's an idea that has been drilled into our heads since childhood, yet such a simple notion seems to be beyond some people.

Recently, the journalism and broadcast departments had the unfortunate experience of not one instance, but two very serious examples of how theft can affect a program. While most students were enjoying their summer holidays, approximately \$10,000 worth of equipment was stolen from the department. The equipment, which includes cameras, a mixing board and microphone, are essential to the students and teachers in the course.

Somehow, some individual (or individuals) managed to get past two locked doors and snatch the five mini DV cameras from where they were stored over the summer. This seems to indicate whoever is responsible for the theft had been in the room before, leading to a disturbing but apparent realization that access may be restricted to students who sincerely need it.

Just as the program began to recover from these distressing circumstances, we were hit with yet another blow: three more mini DV cameras were stolen. When students went to use the equipment in question, they arrived only to find three snipped cables where the cameras should have been.

It's still unknown how and when these cameras were pilfered from under the noses of students and teachers alike, but what is known is that this is an unnecessary inconvenience that many find distressing and disheartening.

There have also been some vehicle break-ins in the Conestoga parking lot in which stereo equipment has been stolen from several parked cars. It would appear that even parking your car to go to class isn't safe anymore. It's sad that, because of a few incorrigible individuals, students aren't able to put their minds at ease in a place where they should feel safe.

Everybody has gotten the lecture: theft hurts us all. Stealing is wrong. But how many of us have taken into full consideration exactly what is wrong about stealing?

Of course, it's illegal — if you get caught, you'll be in trouble. What kind of trouble depends on the type of theft involved. Grand theft auto, for example, will get you in slightly more trouble than shoplifting ... but does that make shoplifting less wrong than stealing a car? Retailers lose millions of dollars yearly because of thievery, yet the term "petty theft" is still applied to the act of shoplifting. Millions of dollars doesn't seem to be too "petty" to most people, yet those individuals who help themselves without paying aren't thinking on such a scale ... nor do they consider the fact that the cost of these crimes gets passed along to the consumer.

Employee theft is also a very common form of stealing. When some people feel they are owed certain things from their place of employment that they aren't getting, they compensate by stealing materials from the office. If they only knew this minor infraction could cost a small business more than just money; it could result in pay cuts or even layoffs. Smaller, independent businesses have been known to close down permanently because of the overwhelming cost to the company due to internal theft.

Stealing is wrong, but not only because it's illegal or because you can get in trouble if you get caught. Stealing is wrong because there is always a victim involved, whether it be a retailer, employer or student. Every theft is taking something that does not belong to you and causing someone else to lose that something.

It is important that everyone co-operate to prevent these situations before they start, which is why Conestoga security is asking students to be on the lookout for any suspicious behaviour around the school. We all need to work together in order to continue having the same quality education we signed on for in year one.



"Can you believe how much tuition is this year? I wonder what we're paying for?"

Beware of angry Friday drivers

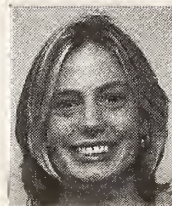
Being called an asshole and getting honked at was definitely not how I had intended my weekend to begin.

It started as another beautiful Friday: the sun was shining, students were smiling throughout the college and I was gearing up for the lazy days ahead. As class dispersed, my friend and I departed through Door 5, leaving Conestoga behind for the weekend.

We were making our way to my car in Lot 10 when my friend noticed an empty beer bottle unashamedly placed behind the rear tire of my car. We picked up the bottle and an empty Bavaria case that was also conveniently placed under the nooks of my car. Obviously we weren't the only ones excited about the weekend.

Instead of dwelling on the inconsiderate state of the world, we just jumped in my car and cranked up the Boys of Summer for the drive home.

I decided to make a stop at the Price Chopper on Frederick Street to pick up a couple of necessities.



Carrie Hoto

Opinion

However, I didn't get the memo that on Friday afternoons everyone in the city must drive like absolute maniacs.

While waiting for the oncoming traffic to pass so I could drive into the supermarket, the truck driver behind me sped around me and honked profusely. The fun didn't end there; following that irrational truck was another crazy driver who felt it necessary to scream "asshole" at me.

Sorry guys, next time I should fly out in front of the oncoming traffic.

The ironic thing about the situation is that I was in a turning lane, so they could have calmly proceeded into the lane that continued heading straight.

I have never had vulgar language shouted at me while driving (that I am aware of). But I just brushed it off.

I mean really, "not everyone in

the city is like that."

This statement is becoming more difficult to believe.

On Friday afternoons in the grocery stores people also feel it's necessary to disregard everyone around them and run around as if they are the only ones in the supermarket.

While I was conversing with my friend over what kind of salad she should purchase, a middle-aged man shoved by me, pushing me into my friend. Naturally, because I was brought up to be polite and have manners I apologized to the man. Sorry my standing in the produce department got in your way. In turn, the man replies, "Yeah, I want to get through here."

Honestly, how many arrogant people can I run into in one day?

I refuse to become one of those people who are completely ignorant to the rest of the world. Suck it up.

These uptight people need to relax. As someone once said, if the world gives you lemons, make lemonade.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Students take in Niagara lights and casino

By JENNIFER HOWDEN

On Sept. 23 a busload of students left the Conestoga Residence and Conference Centre hoping lady luck was on their side.

The 52 students made the hour and a half trip to Niagara Falls, Ont.

"Niagara Falls was a great venue for (the event). It just let people have fun. It was something the students don't get to do on a daily basis," said Debbie Brock, the residence adviser who organized the event.

The bus, carrying both students who live in residence and those who don't, left at about 5:30 p.m. The ride was itself uneventful but once they arrived the fun began.

The students were given the option of either going into the casino, wandering down Clifton Hill, visiting the falls or doing all three.

The majority of the students made their way into the casino first.

Inside the money flowed as the students played everything from slot machines to blackjack.

Brock said no one got rich off the casino night.

"I heard of a couple people being up \$80 or \$100 and then losing it all again. That's about it. I don't think anyone came home with any money," she said.

Although there were no big winners, one student lost \$240.

"That doesn't include alcohol or going outside the casino, it was just \$240 at the casino," Brock said.

People gambled more responsibly this year, when compared to last year.

"People said they would spend a certain amount and they didn't go over that," Brock said.

Outside students had fun on Clifton Hill, the street filled with haunted houses, fun houses and other attractions.

Students seemed to really enjoy the Hulk attraction and the midway. However, the main attractions were the many haunted houses.

Brock said that this year's trip was better than last year's and that it went really smoothly.

"No one got lost, no one got in trouble, no one got arrested, that's all that matters," she said.



(Photo by Jennifer Howden)

Just around the corner from Casino Niagara, Clifton Hill is a popular tourist destination. Conestoga students travelled to Niagara Falls on Sept. 23 to enjoy the casino and the popular midway.

Conestoga welcomes new fundraiser Orientation program constantly upgraded

By BLAKE GALL

When a school is in need of some funding, it takes a hard-working, intelligent and friendly person to get it done.

That's the job of Ingrid Town, Conestoga's new director of development relations and alumni services.

Town, a mother of two, comes to Conestoga from Wilfrid Laurier University where she worked as associate director in development and alumni relations.

At Laurier she oversaw the major raising of money for the school of business and helped raise funds for a new business building on campus.

"I've come here (to Conestoga) to put together an overall direction for fundraising for the college," Town explained.

She started on July 28 and has been working diligently ever since.

Originally from Sudbury, Town graduated from Laurentian

University with a degree in English. She began her fundraising career as a volunteer with the Canadian Cancer Society while completing her studies.

"It was a positive experience because I felt like I was making a difference," she said.

She then began working for Big Brothers in Sudbury, where again she saw the difference raising money could make.

Town also spent five years working for United Way in Ottawa and Kitchener, where she met Monica Himmelman, alumni services officer at Conestoga College.

Town said she is looking forward to her new position here and can't wait to get the donations coming in.

So far, most of her time has been spent meeting with faculty, getting to know students and communicating with corporations who support Conestoga.

"I just want to let people know I am here."

Getting to know everyone has been the biggest task for Town but she feels she has adjusted well.

She is also a Certified Fund Raising Executive according to a certificate displayed in her office. Only about 6,000 people in North America are honoured with the certificate, which requires recipients have seven years of fundraising experience and pass a four-hour exam to qualify.

Sitting with a photograph of her two sons behind her, Town smiled when she spoke of the rewards her position offers.

"When you see the student walk across the stage to accept a scholarship, it's a terrific feeling. I don't teach, so this is a way for me to make that education possible."

Town's office is located on the upper floor of the student services building on Doon campus. She says she would love people to drop by and introduce themselves as she looks forward to knowing the students and faculty here at Conestoga.

By DAWN HASSON

As phases three and four of orientation wrap up by the end of October, planning for next year's event is underway, with a new student life video in the works.

The video will be used to help first-year students pass the time while they wait to receive their registration forms on their orientation day. Broadcasting faculty member Steve Parr and a group of broadcasting students are making the video.

Conestoga College's standardized orientation sessions, which were put into effect last year, provide students with information on the support services available to them in phase three. Strategies for student success faculty discuss counselling, disability services, learning skills and other services with the students. Phase four is an introduction to the learning resource centre.

About 80 class visits have been made so far to present the information to students. Any program that does not have strategies for student success offered in the first semester must arrange for the presentation with Student Services.

Phase one is an orientation and registration day for first-year students before school starts, and phase two includes a Powerpoint presentation on student and program policies.

"It's made a big difference," said Carol Gregory, the co-ordinator of

Student Services. "Students know the student procedures guide. They know where to find things. If students are concerned about something they'll come to this office and they'll often tell me that they read the student procedures guide. That never happens."

The orientation program is constantly evolving. The student life video will be new next year and the Powerpoint presentation, which used to be done on an overhead projector, was introduced this year.

Also this year, first-year students were given tickets for their complimentary lunch on their orientation day, instead of having it being a free-for-all.

The idea for a better orientation program came about when Conestoga Students Incorporated (CSI) put forth a recommendation and joined the standardized orientation committee. It was chaired by Gregory, with CSI service and faculty representatives who provided input on the design.

"There's so many people coming into post-secondary institutions now, and for many, it's the first time in their family," said Gregory, who is constantly striving to make the first-year experience for students better.

"The last thing I would do was walk into a door that had a title on it when I didn't know what was available inside that door," Gregory said of her days in post-secondary education.



(Photo by Blake Gall)

Ingrid Town, Conestoga College's new director of development and alumni relations, says the most difficult task so far has been getting to know the many students and faculty members at the college.



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Annual career fair benefits students

By JENNIFER MENDONCA

Peer Supported Learning Groups Help First-Year Students Make the Grade in High-Risk Courses

Wouldn't it be great to be part of an organized study group that meets regularly and really works?

Peer Supported Learning Groups are designed to pair the effectiveness of senior peer-facilitated learning with the power of collaborative group study. Under the leadership of a senior student, learning groups provide an opportunity to study with classmates through a weekly one-hour meeting. In this meeting, the group will review notes, discuss readings and important concepts, develop problem-solving strategies, and learn tips on studying, time management and goal setting.

Although the group leaders are tutors, in the case of learning groups they neither tutor, nor lecture, nor introduce material, as learning groups are not intended as remedial work for struggling students. Rather, they are designed to help students become more proficient at matching "what to learn" with "how to learn". The objective of a learning group is to get students to translate effective practices in their study and learning approach that they will carry to their other courses.

Learning groups are available in the following courses:

Business Math 1
Financial Accounting 1
Engineering Technology Math 1 (MET Math 1 not available)

For more information about meeting times and places for learning groups, either ask your faculty or Student Services, Room 2B04.

You could feel the energy in the air as hundreds of students filled Waterloo's RIM Park with hopes of landing their dream job at the Career Fair on Sept. 24.

More than 150 different companies and organizations, ranging from the Waterloo regional police to the CBC, attended the fair.

Students from Conestoga, University of Waterloo, University of Guelph and Laurier had the opportunity to speak with company representatives, ask questions about their chosen fields and most importantly, hand out their resumes.

With the majority of companies ready to hire, students were ready to impress.

It is important to be the type of person companies want to hire, said Dan Mylark, a communications student at Laurier.

"I pitched a show idea to the CBC," he said. "It's a little bold, but it's all about having charisma and setting yourself apart from the next guy."

Cayne Garcia, a second-year business student at Laurier, said while he is not graduating this year, the Career Fair has shown him potential companies he would like to work for in the future.

"Admittedly, I have no idea where I would like to work or what I would like to do. This was an excellent day to see what types of jobs are out there. I feel a lot more focused than when I came here this morning."

While some students felt inspired after leaving the fair, others got a hard dose of reality after being told they were not qualified for the position they wanted.

Jessica Martin, 19, a third-year computer programmer analyst student at Conestoga, said she enjoyed the day but found it frustrating that a lot of employers in her field would only hire students with a university degree.

Martin said she feels she has received the same quality of education as those in university.

"It's not like they get a better education in university, it's just different."

The Career Fair did not only benefit the students, it benefited participating employers as well.

Debbie Mason, a representative of the Economical Insurance Group, said the Career Fair is a great concept to meet potential employees.

"As the baby-boomers are getting older, this is a quality program to get the next generation in," she said.

The Career Fair takes place annually.

If you would like more information about the companies who attended, visit the Career Fair website at www.partners4employment.com.

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October is breast cancer awareness month

By JENNIFER HOWDEN

All women should know the importance of self-examinations

One in nine Canadian women will develop breast cancer at some point during their lifetime. One in 27 will die from it.

That is why October is Breast Cancer Awareness Month.

During October, organizations like the Canadian Breast Cancer Foundation will be working extra hard to educate people about the disease, according to information on the foundation's website.

One thing being stressed is the importance of breast examinations. The exams can fight breast cancer by catching it before it gets too serious.

Monthly breast self-examinations, annual mammograms and clinical breast examinations at least every three years will help detect the cancer.

It is recommended that women perform a monthly breast self-exam beginning at age 20.

With regular breast self-exam a woman will become aware of the

normal appearance and feel of her breast and changes will be easily recognized.

It is best to do a self-exam at the same time each month. For menstruating women, it should be performed after the menstrual period has ended when the breasts are less tender. For women who do not have periods, it should be performed at the same time each month.

Any changes from the normal look and feel of your breast should be reported to a medical professional.

Women should receive an annual mammography beginning at age 40.

A mammogram is an X-ray of the breast that detects breast cancers before they can be felt. Mammography is the best screening tool widely available to detect breast cancer at its earliest, most treatable stages.

Some breast cancers are not

detected by mammography, but can be felt during a clinical breast examination. It is essential that women have both the screening mammogram and the clinical breast exam, preferably in the same month.

One in nine Canadian women will develop breast cancer.

To celebrate Breast Cancer Awareness Month many activities and fundraising events have been planned throughout October.

Canadians were able to witness a pink Niagara Falls when the Estee Lauder company light up the falls with pink lighting to launch the awareness month on Oct. 1.

All are invited to attend the ceremony, which will be held at dusk

at the base of the illumination tower across from the Horseshoe Falls.

The annual Canadian Breast Cancer Foundation CIBC Run for the Cure took place across Canada on Oct. 5. The Kitchener-Waterloo run was at RIM Park.

The Celebrity Bra Auction starts on Oct. 14.

Canadians can bid on ebay for bras designed by celebrities including Shania Twain, Anna Kournikova and Olympic medalist Catriona LeMay Doan. Winners will be notified the week of Nov. 4.

The second annual Interiors by Decorating Den - Decorating For A Difference Design Seminar will be held Oct. 15 at the Brantford Golf & Country Club. Guests will view room makeovers and enjoy the latest in fall and holiday fashions.

The seventh Bachelor Auction - Bid for the Cure 2003 will be held

on Oct. 17, and Awareness Day takes place at The Sheraton Centre Hotel, Toronto on Oct. 21.

This year's theme is Primary Prevention, Stopping Breast Cancer Before It Starts. The day offers dynamic speakers, interactive information sessions, a resource centre, raffle prizes and more.

Last year, Awareness Day provided more than 1,500 participants with a unique opportunity to hear from and interact with breast cancer experts from across North America. More than \$235,000 was raised for breast cancer research projects and education programs.

Rounding out the month is the Jazzercise Dance of Hope on Oct. 26 at the Thornhill Community Centre.

The Dance of Hope has raised almost \$300,000 for breast cancer over the past nine years.

If you want to make a donation to breast cancer research call the Canadian Breast Cancer Foundation at 416-815-1313 or visit their website at www.cbcbf.org.



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Kitchener the stage for world artists

By PETR CIHACEK

Some passersby were astonished to see a tent by Kitchener City Hall and rubber gloves in the pool in front of the building last week.

They probably did not know that City Hall hosts an annual exhibit displaying contemporary art projects from around the world.

The hundreds of gloves floating in the pool and the tent that was set up just metres from City Hall's main entrance were just two of the 20 pieces of art from Canadian and international artists.

The bundles of latex gloves, which were the work of Chinese artist Ping Qui, made the Civic Square pool look like a pond in a park as they were skillfully arranged to create the image of pink water lilies. And the green tent represented a symbolic passport office.

"This is a passport office for a new country that is called Nomadland," explained the piece's creator, Toronto's Mark Prier.

"It's actually more like a network of people around the world. It's not bound to land; the borders go all around the world instead, so this way it composes all the world's people."

The thematic exhibit that took place from Sept. 20 to 28 was organized by volunteers from the Contemporary Art Forum



(Photo by Petr Cihacek)

Bundles of latex gloves float in the Civic Square pool from Sept. 20 to 28. The hundreds of gloves represented water lilies.

Kitchener and Area (CAFKA).

To mark Waterloo Region's 150th anniversary, the title for this year was Probing into the Distance. Artists, who came from Canada, the U.S., England and Germany, were asked to incorporate mapping, landscape, borders and other urban themes into their artwork that was displayed in and around City Hall.

"What is quite neat about it is taking the art out of the gallery and

putting it into a public setting," said Ian Newton, who helped organize the event.

"What is quite neat about it is taking the art out of the gallery and putting it into a public setting."

*Ian Newton,
an organizer*

"So people just stumble across it (and) we end up communicating with a lot of people who are connecting with the work that is around here," said Newton.

Besides the 20 projects, the exhibition also featured symposia, screenings and artist talks.

According to CAFKA's artistic co-ordinator Andrew Wright, the connection between the artists and visitors made the festival successful.

"People are loving it," said Wright. "They are very enthusiastic."

Prier said there was discussion and interaction that was beneficial for both sides.

"It's an unusual opportunity because here we are at the City Hall where a lot of administrative and bureaucratic things take place," he said.

"It gives an artist like myself a chance to work with the public in a way that we're not normally allowed within a gallery system."

The budget for this year's event was \$200,000.

"We're entirely non profit," said Wright about CAFKA, a committee of eight local artists. "Most grants come from the City of Kitchener."

The Waterloo Region, Canada Council for the Arts, Ontario Arts Council and The Record are among those who financially helped CAFKA to make the project reality.

"I think this is a tremendous accomplishment to get all this together and get this organized," said Juan Geuer from Almonte, Ont.

Geuer also presented his artwork at the festival. "It's a major effort."

The theme for next year's exhibit is everything that would grant us peace of mind.

To find out more visit www.contemporaryartforum.ca.

Local businesses display their goods

By AIMEE WILSON

Local businesses set up shop in the Sanctuary to show everyone at Conestoga College what they had to offer.

From Sept. 23-25, students and faculty had a chance to take part in the vendor's marketplace, hosted by Conestoga Students Incorporated (CSI).

"It was to bring local retailers to the student presence," said Ethan Miller, vice-president of CSI activities. "You were surrounded by Waterloo Region."

Approximately 12 vendors participated over the three-day span.

Although all the vendors that took part have visited the college before, this was the first time a marketplace was created where all vendors could present their product at once.

In the past, the Sanctuary would host a different vendor each week.

According to Justin Falconer, CSI president, a lot of students felt they were being cornered by a different salesperson every time they went into the Sanctuary.

Vendor marketplace sets up shop in the Sanctuary

"This way, we do it all at once," said Falconer, adding, "They (students) don't have that 16-week continuous heckling."

Also, according to Jody Andruszkiewicz, CSI events programmer, some vendors would be booked to appear in the Sanctuary the same time as entertainers.

"It was to bring local retailers to the student presence."

*Ethan Miller,
vice-president of CSI activities*

This resulted in a clash of environments for both visitors.

This prompted the staff of CSI to try something different.

"We decided to eliminate all that. We didn't want to curb our retail activities," Andruszkiewicz said.

Falconer also said he felt that this time of year would work the best to

host something of this nature in the Sanctuary. "It's more appropriate to do it now," he said, adding, "Students have money."

Andruszkiewicz, who was responsible in finding vendors for the marketplace, wanted to find businesses that were student driven.

"I tried to think like a student and what I'd buy in my spare time," he said.

Each business was charged a fee to take part in the marketplace. The CSI will use the money collected from the three-day affair and use it to pay for activities for students.

Anyone who missed the event will get another chance, when the CSI hosts a second marketplace Jan. 27-29.

Again, the marketplace will stay local and concentrate on Waterloo Region.

"CSI has an awesome commitment of staying local and supporting local businesses," said Andruszkiewicz.

He also said he is looking into three or four new vendors to take part in the next one. He also said the Stag Shop has expressed inter-

est in attending the next marketplace.

"We want to build off the success of this one," he said, adding, "It's enough of an income to make that effort."



(Photo by Aimee Wilson)

Scott Southward, 18, a Wilfrid Laurier student, shows off some of the beer paraphernalia from Your Beer Gear, one of the vendors at the marketplace, Sept. 24.

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Designing their cake and eating it too

By DESIREE FINHERT

The students stir and mix, mix and stir, turning white globs of sugar and butter into colourful palettes of icing. Unfortunately, for hygiene reasons, they don't get to lick the spoon.

Conestoga College offers an eight-week continuing education course in cake decorating.

Instructor Laura Dobrindt, 52, has taught the course at the Guelph campus for 12 years and hopes, by the end of the course, the students are able to decorate basic cakes for birthdays, anniversaries and other family occasions.

"Basic things stay the same," said Dobrindt, who has a masters certificate from the McCall School of Cake Decorating in Toronto. "One year Spiderman's hot, the next year it's Harry Potter. That sort of thing changes from year to year, but the basics stay the same."

Each week, the class will do a different cake project including seasonal decorating, which students will be able to take home and enjoy with their families.

Dobrindt said she has decorated cakes since she was a teenager, following directions from a British magazine, and jumped at the opportunity to take classes. In school, she learned how to make different cultural cake designs.

"In Australian cake design, you make a lot of flowers out of gum paste, which are all wired, similar to what you do as a florist. You create a three-dimensional arrangement that goes on the cake," said Dobrindt, who also works as a florist.

"In South Africa, they make drum cakes. You build panels around the cake, in royal icing, with windows that open onto a complete storybook. The cake will tell a story suitable for a child's birthday, like Little Red Riding Hood or Goldilocks and the Three Bears."

The cake-decorating course at Conestoga is for beginners. Students will not learn advanced techniques like how to make drum cakes or gum paste flowers.

On Nov. 6, the class will learn how to decorate and assemble a 10-inch layered wedding cake.



(Photo by Desiree Finhert)

Student Evelyn Carvie, 32, practises icing borders during a cake decorating continuing education course at Conestoga College's Guelph campus Sept. 18.

Home daycare worker Harmony Marchment, 24, is taking the course to learn how to decorate her own cake for her wedding on July 24, 2004.

"I want to make my own wedding cake because they cost \$800 and I don't want to pay that much," said Marchment, who would like a simple, white, tiered cake.

Dobrindt recommends that Marchment practise her borders and that simple and elegant decorations work best.

When cooking for parties, cake mixes are easier to use than home-made recipes because the package can be doubled or halved as needed.

Dobrindt has been decorating for 22 years and uses white cake mixes for large parties. She suggests adding shaved chocolate, coloured coconut or lemon rind shavings for colour and flavour.

Housewife Carol Geremia, 59, loves to bake, but does not do much with icing and would like to know how to decorate cakes for her children and grandchildren.

"The best part of teaching the course is when people go home and the next thing you know the neighbours ask them to do cakes."

*Laura Dobrindt,
course instructor*

"I have two nieces who are getting married and I would like to make a cake for their showers," said Geremia, who attends class with her son.

Financial analyst Steve Geremia, 32, doesn't like baking, but is taking the course to hang out with his mom.

"It's just something to do with my mother, and my wife really likes cake," said Steve, squeezing a shell icing border out of a decorating bag onto a piece of wax paper.

Icing is difficult to work with if it is too stiff or too soft and the course teaches how to lift off icing mistakes, patch them and start over.

Dobrindt warns against making royal icing in a plastic dish because, no matter how the dish has been cleaned, plastic is porous and contains oil which will ruin the icing.

Handouts include a list of cake supply shops in Cambridge, Guelph, Kitchener and Waterloo where students may buy the tools and ingredients, some of which are not provided.

Math professor Barry Ferguson, 45, thought about cake decorating for his office, his kids and his church for a long time before attending the first class on Sept. 18.

"I've done some cake decorating for special occasions," said Ferguson, who has worked at the University of Waterloo for 18 years. "Actually, for one school anniversary two people and I decorated a cake in the shape of the school."

Dobrindt's favourite part of cake decorating is seeing the smiles on people's faces.

"The best part of teaching the course is when people go home and the next thing you know the

neighbours are asking them to do cakes," said Dobrindt. "If you can produce a product that other people are interested in than that's really nice."

Conestoga College may be offering the new course, Advanced Cake Decorating.

The eight-week course, taught by Dhmmi Hoffman, is scheduled to run on Feb. 8, but is not yet finalized. The Basic Cake Decorating course will be offered again next fall.



(Photo by Desiree Finhert)

Instructor Laura Dobrindt, 52, demonstrates how to ice a cake. She has been decorating cakes for 22 years.



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'88 Mustang charges students' learning

By DARREN SMITH

Two faculty members from the Guelph automotive apprenticeship program of Conestoga College have gone beyond the classroom to bring motivational learning to the students.

Stu Hood, co-ordinator of the program, said it was hard getting students motivated because the program had training outlined by the government.

"We (the college) have to ascertain whether they (students) have the skills the industry is supposed to give them," said Hood.

Jim Palmer, a faculty teacher in the automotive apprenticeship program, came up with the idea of the racing car 2½ years ago as a method to motivate students. The shop work is monotonous and the projects done in the school environment are similar to what students do on the job.

Palmer wanted students to see the practical applications of theory in a real-life, controlled situation. Race results could be brought back to the classroom for application.

"I thought it was a good idea," said Hood, "to try and allow them to do something different than what they would normally do."

Palmer purchased a 1988 Ford Mustang with a 351-cubic-inch engine. Every part of the vehicle has been rebuilt or modified by students. The welding fitters have boxed in frame components and the graphic arts helped design the Mustang's outside. The automotive students rebuilt the engine and modified it and they have also rebuilt the suspension, brakes and electrical systems. The driveline was modified and prepared by Bill Buckley's students.

Since Palmer purchased the Mustang, Hood supplies the tow vehicle and trailer. Both share the insurance cost, which isn't too expensive, as the car is not insured at the track. The Mustang is covered for fire and theft while in transit but when it comes to racing any damage has to be covered by Hood and Palmer.

"If you're in a racing situation it's more dangerous," said Hood, "and they won't insure it."

Hood and Palmer cover event and travelling expenses and the students have donated used surplus equipment.

Conestoga provides a \$500 donation each year that covers some parts, but does not own the car due to liability issues. Some part donations have been received from local suppliers in Guelph but there is no monetary support. Hood estimates \$5,000 has been spent to date.

"We're running this thing on a shoestring," said Hood.

Although not part of the automotive program, the Mustang does allow students to gain experience on parts that are common to all vehicles, which is important since vehicle components are part of the program. Hood said when it comes time to do brakes, they do the brakes on the car, and the same can be said for the engine.

This year the Mustang raced in the pro category until a month ago. The pro category is for cars com-



(Submitted photo)

Some students at the Guelph campus of Conestoga College have worked for many hours on this 1988 Mustang. The car was purchased by faculty member Jim Palmer as a method to motivate automotive apprentices.

pleting a run on a quarter-mile track with a time of 12 seconds or slower. In August a new engine was put in the car, improving its performance. It set a new personal record of 11.54 seconds at 119 miles per hour.

"It's a much better engine," said Hood.

These new statistics place the car in the super-pro category, which means more money is needed to upgrade the safety equipment.

"You have to have a fire suit, roll cage and a five-point safety harness for the driver," said Hood.

He said the new safety features were not required at the previous level but would have been nice to have.

Hood said that when they ran the 11.54 seconds the inspector pulled them off the track as they were

going too fast for their class.

"If we want to go up to the next level," said Hood, "we have to get all this equipment or they will not be allowed to run."

The Mustang is subject to a National Hot Rod Association safety inspection every day it races. These inspections go beyond what a normal inspection covers. Some items needed are two return springs on the carburetor instead of one for a regular vehicle. Seats and belts must meet certain standards as well.

One major difference in this type of racing is there must be no holes in the firewall where wires pass through from the engine to the passenger area.

"In case of an engine fire it would flash right into the cockpit," said Hood.

Tires must have the proper mounting studs on them, as the ones used for racing are not the same as a regular car.

The car is still able to function in

competition without these safety improvements.

At a recent competition the team disconnected parts of the carburetor, decreasing its power output bringing the car's time down to 12.15 seconds. This adjustment allowed them to stay in the pro-class and taking third place at the King of the Track event. Hood said the car's future is not certain.

"We're not sure what we are going to do at this point because of budgeting and finances," said Hood.

The performance increase has opened doors to the next level of competition but budget concerns create mixed emotions.

"We would like to allow the car to work to its full potential," said Hood, "but we have to look at what we can afford and what we can do."

Hood said racing is a sport for everyone. There are various classes including a street class for those who just want to compete with their street legal vehicle.

Hood said there are no real limits to this sport and it all depends on the type of money you are willing to invest.

The Conestoga racer mainly performs at the St. Thomas Dragway and Cayuga but next year they hope to race at Grand Bend.

The Sept. 27 at St. Thomas was rescheduled for Oct. 8 due to bad weather and is expected to race the first weekend in October.

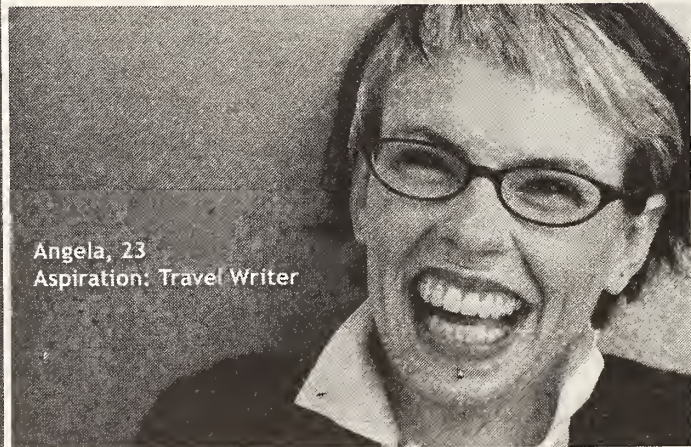


(Photo by James Clark)

Curbing a bad habit

Cigarette butts pile up by the curbside outside Door 4 at Conestoga College. Students say there would not be as many butts on the ground if ashtrays were more accessible.

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Small Brown Bike pedals out of underground

By DIANA O'NEILL

Small Brown Bike is back on the music scene with their third full-length album, *The River Bed*.

As you're reading this, I'm sure you're wondering, who? It's OK, admit it. I too had no idea who Small Brown Bike was when I picked up the press release and agreed to do the review.

The quartet of lifelong friends from Michigan remain underground, despite their 16 dates on the 2002 Vans Warped tour and snippets of their songs used for MTV promotional ads.

The clever tale surrounding Small Brown Bike's name resulted from a spray-painted Barbie bike and a freak Frankenstein experiment. The band, which was formed in a garage, is composed of brothers Mike and Ben Reed on guitar/vocals and bass respectively, Travis Dopp on guitar and Jeff Gensterblum on drums. They've been together for six years and have a solid fan base with the sale of 25,000 albums under their spoke-er-belt.

The River Bed was released Sept. 9 on Smallman Records and has garnered critical acclaim ever since. Upon my initial listening to



(Internet photo)

The Michigan band, Small Brown Bike, are back with their third full-length album, *The River Bed*.

the disc, I can understand why critics have a difficult time labeling this band under the conventional terms of hardcore, emo, power-pop or punk.

Deconstruct/Rebuild begins with Ben's eerie-sounding bass and Gensterblum's pounding drums.

"We bury ourselves alive in a cold, steel van. This pain isn't getting better. The cities, they haven't changed. I'm not the same," scowls singer and lyricist Mike.

This opening song sets the mood for the rest of the record. It's reminiscent of the feeling you get

before going to your high school reunion, or the dread of returning to your hometown after an extended period of time.

The second song, *Safe in Sound*, is laced with razor-tongued lyrics and has a dark paranoid vibe to it.

It's the sort of song that's written to console you after an ex left you in the dark. Clocking in under just three minutes, the fast-paced jam builds up to a final shout-a-long declaring, "I will be there to resuscitate you."

Scream in Silence and *A Declaration of Sorts* are heartfelt

songs that flow with the rest of the record, featuring distorted guitars and hard-hitting drumbeats. There's a definite sense of despair and helplessness evident on this record, especially after listening to these two songs. With lyrics like: "I've tried to sleep at night and days just walk by without much light," and, "There's something to die for and it's tearing me apart," the sense of displacement and sadness seems to bleed out of the speakers. Mike isn't ashamed of wearing his heart on his sleeve and is willing to write songs that are

worthy of shouting about.

Tragically Ending and *Sincerely Yours* are both mid-tempo tracks weaved with dense feedback and sludgy drums.

Neither track stands out, but they do make for a mellow transition between the previous heavier songs.

The final track, *A Lesson to Remember*, is the longest and most dramatic on the album. This epic closer also happens to be my favorite. It could easily be dubbed as a cheesy piece of fluff, but instead I find it's a sensitive and retrospective attempt at coming to terms with death.

When frontman Mike asks, "How much can you remember? The more you remember the more it hurts. We spend half our lives living with each other and the other half is to remember or cope with a loss," it inspires a tearful nod in agreement.

Small Brown Bike tackles some difficult issues on *The River Bed* and manages to pull it off without coming across as pretentious or overly-sentimental. With a healthy dose of throbbing basslines, distorted guitar, punchy drums and three-part harmonies, *The River Bed* proves that this band can put out a solid record fueled by energy and intelligent songwriting.

Couple's love blossoms online

By TIM MURPHY

It's a modern love story.

Meet Tanya, a 31-year-old legal secretary, and John, a 38-year-old building contractor, who shared an online game of checkers almost four years ago.

Now they're married and live in Southend-on-Sea in England.

"We met on a Lycos Games website, where he invited me to play a game of checkers. He beat my ass every time we played," said Tanya in an e-mail interview.

After meeting during the checkers game on May 15, 1999, the two chatted, exchanged e-mails and eventually talked on the telephone for many months.

"I was so excited about meeting him, I couldn't wait to speak to him again," said Tanya.

Exactly eight months afterwards, on Jan. 15, John came to Canada and they met face to face.

"It was unlike anything I have ever felt before: it was wonderful. Obviously we had exchanged photos, and so we had a rough idea of who we were looking for at the airport," said Tanya. "Nothing could have been better than laying our eyes on each other for the first time."

"We must have hugged at the airport without letting go for at least 15 or 20 minutes. It was the best."

Another twist the love story is Tanya was married when she met John in 1999, a marriage she said should have ended years earlier.

"Meeting John gave me strength. It gave me my confidence back, and it gave me the friendship that I did not have in my life," said Tanya. "My marriage ended on Dec. 8, 1999, and it was just one month later that John and I met for

the first time at the airport."

Having been married since Jan. 13, 2001, the couple says they are very happy together, and wouldn't change the way they did things for anything.

But not all online relationships end happily.

Fanshawe College student Kathleen Schembri, a 19-year-old from London, found herself chatting to a man from P.E.I. after a game of pool on Yahoo Games. A married man.

"We chatted while playing and discovered we had some things in common," said Schembri. "He thought it would be interesting to keep talking so he asked me to add him to my Yahoo messenger list."

She said she and the man, named Clayton, enjoyed the same sort of hobbies, music and movies, and he was "very sweet and charming."

"I threw in the occasional personal question like 'do you have any kids, or a girlfriend?' and he always denied it. So he continued being sweet and I continued believing him," said Schembri. "And when I asked him those questions he always told me he'd never lie, that I was a special person and he'd never hurt me."

After a month of talking to Clayton over the Internet, Schembri began to feel intimidated by Clayton, who referred to her as his girlfriend.

"He told me about plans he had for dates when we met. It all sounded really sweet and romantic to me so I became less freaked."

The romance, however, didn't last long. Schembri received an e-mail from the man's wife.

"I found a message in my Yahoo account from someone who

claimed to be his wife, asking me what the hell I was doing with her husband."

Clayton denied having a wife, and claimed somebody entered his account and sent the e-mail as a joke. She believed him.

After receiving another e-mail from a woman claiming to be his wife, Clayton admitted to being married.

"She was angry at first, well, stark raving mad actually, and I don't blame her," said Schembri.

After her online dating mishap, she warns not to trust people over the Internet because it's easy to make up a new identity.

Schembri's advice corresponds with that given by the relationship advice site www.teenadviceonline.org.

The most important tip the site offers when meeting someone for the first time face-to-face is to take someone with you.

Meeting in a public place, such as a mall or a restaurant are ideal spots, as many other people are around in case something goes wrong.

Friends and family should also always know where you are going and when you are coming home.

As well, meeting during the day and having your own ride is important safety advice.

The final tip the site offers for online dating is if the person seems too good to be true, they probably are.

But of course, sometimes love does entail risk.

Take for example the nine-month relationship of a couple who met online more than three years ago.

The couple has asked for their names to be changed for privacy reasons.

Paul, a 19-year-old high school graduate, met his current girlfriend, Ashley, an 18-year-old Wal-Mart cashier, on Yahoo Messenger.

They talked for a year, and began to feel attracted to each other in March 2000. The two argued over Ashley's interest in drugs and alcohol, and for more than a year they didn't talk.

"This September will be a year since we started talking again," said Ashley, who now lives with Paul in their Woodstock basement apartment.

"It was fun though, we talked all night. I'd talk until I had to go to school in the morning sometimes," said Paul.

"She has got a sexy voice on the phone."

Their first meeting face to face was nerve-racking according both of them.

"He was the same as I pictured. I was really nervous. I was shaking a lot," said Ashley. "I couldn't believe it was happening."

Paul said he was nervous as well.

"In fact, I drove by her work twice before I had the nerve to go in. I sat in my car in the parking lot for five minutes. When I walked in she was blushing so much," he said, adding he then spent two weeks living at Ashley's home before they both moved to Paul's home near Clifford for five months.

"We really haven't been away from each other for that long. Maybe no more than a week since we met," said Paul.



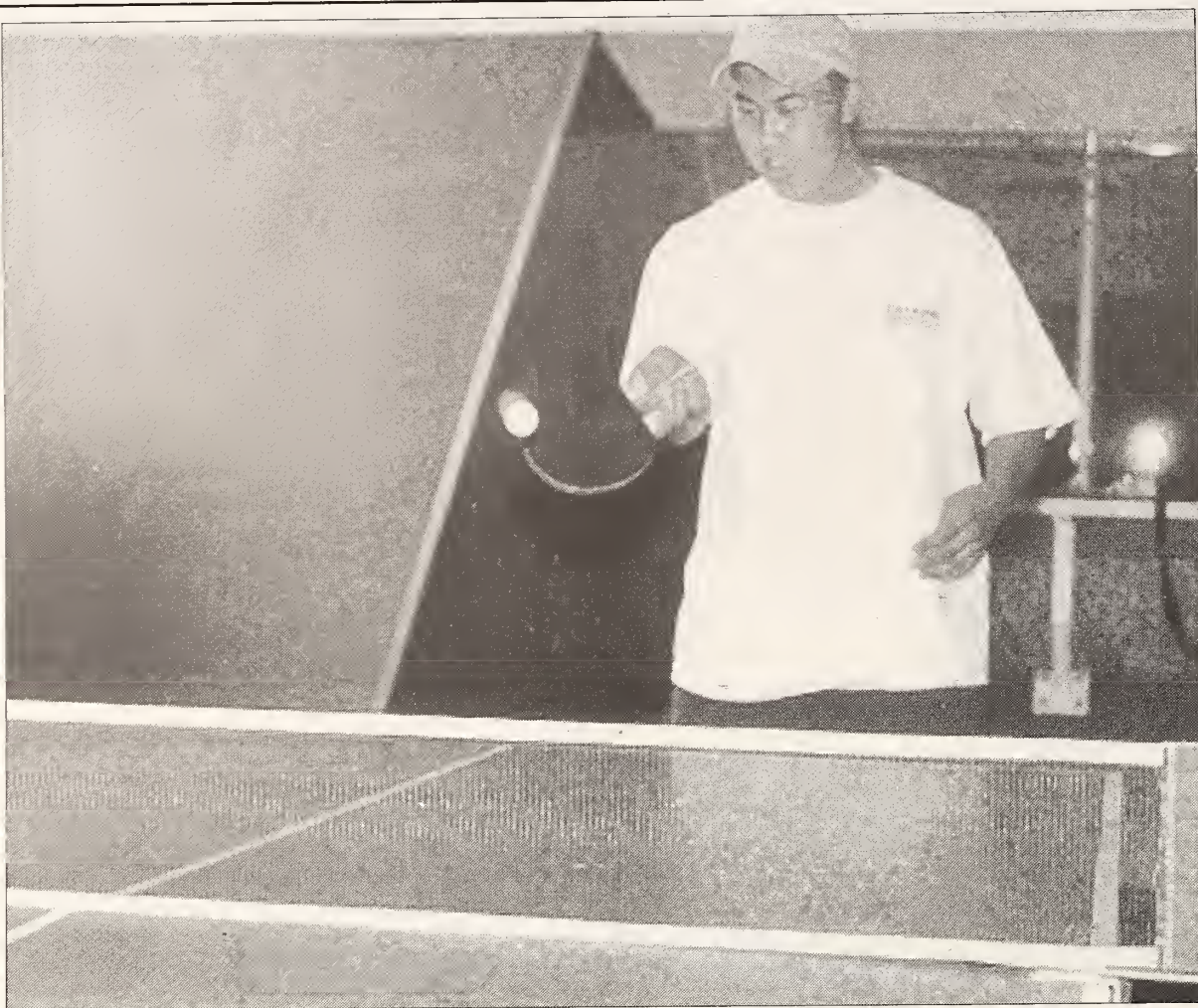
(Photo by Diana O'Neill)

Cheers!

Students raise their glasses on Sept. 26 at O.T.'s outdoor seating area. Enjoying the day are (counter-clockwise from bottom right) Julie Hinsperger, Shannon Keyes, Grady Meston, Leanne Beckher, Cathy Froude, Derek Standing and Nick Milbury.

Just chilling on a Friday afternoon

Sy Moua, a second-year robotics and automation student, unwinds on Sept. 26 with a game of ping pong at O.T.'s. The bar is located at Conestoga College's recreation centre.



Reality takes over fall TV lineup

Temptation Island, Bachelor and other reality shows offer lots of choice

By JENNIFER ORMSTON

After another uneventful summer filled with the same old reruns, the new fall television lineup has finally begun.

This season viewers will mainly be entertained by the return of former favourites, plus a couple of new ones.

The majority of Conestoga College students interviewed in a random survey on Sept. 23 said they will watch an average of six to 10 hours of television weekly; most also said they would spend their viewing hours watching reality-based programs.

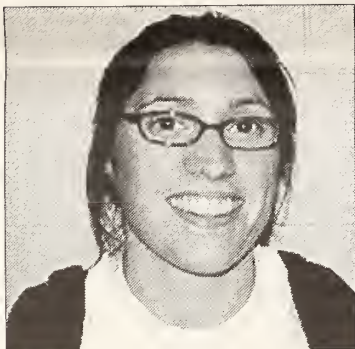
Fear Factor is worth watching because it is gross and funny.

*Amanda Rose,
first-year marketing student*

Reality television fans should not be disappointed because shows like Cupid, Paradise Hotel, Temptation Island 3 and Canadian Idol, have ended. The fall lineup is filled with exciting reality shows.

Survivor began its seventh edition on Sept. 18; this season's pirate-themed show takes the castaways to the Pearl Islands where the contestants only possessions are the clothes they wore to the location. The producer's decision to force the competitors to leave the rest of their belongings behind is an indication of surprises to come. However, after three men got naked during a challenge in the premiere episode, it is unlikely that viewers will have to rely on "twists" to maintain interest.

Conestoga College students are not certain they'll make the hour-long show a part of their viewing routine.



Ingram

"It's just the same thing over and over again," said Sylvia Dekermajian, 20, a first-year business administration student.

The Bachelor began its fourth edition on Sept. 24. This season's lucky bachelor is none other than the loveable Bob Guiney, a former competitor for the heart of Trista Rehn on The Bachelorette. Although he was eliminated from that show, Guiney won over many of the viewers with his quick wit and sweet nature; hopefully he will be able to find the woman of his dreams this time around.

The producers have added some surprises this season. For instance, viewers can expect to see one girl get voted off in the middle of her date, as opposed to waiting until the end.

Many students do plan to tune into The Bachelor; however, they are skeptical about Guiney's chances of finding true love.

It's amusing because of how unrealistic it is, said Holly Ingram, 22.

"I don't think people can find true love there," said Ingram, a first-year business administration student. "But the fun part is that they are probably doomed to fail."

Fear Factor began another gory season on Sept. 22 with a special



Rose

million-dollar two-hour episode. For those who had the stomach to watch it, the stunts included eating live leeches, diving for sunken boots in a tank filled with 1,000 pounds of rotting fish parts and launching an all-terrain vehicle off a 200-foot cliff.

Fear Factor is particularly popular among the student body, as many people like the show's extreme stunts.

"It's just the same thing over and over."

*Sylvia Dekermajian,
first-year business
administration student*

It is so out there, said Ingram.

"Some of the stunts are so crazy that you would never see them anywhere else," she said. "I like the adventure of the show."

Fear Factor is worth watching because it is gross and funny, said Amanda Rose, 19.

"I like to see what people will do for money," said Rose, a first-year law and security student.

The show is awesome, said Mike Routhier, 20, a first-year marketing student.



Routhier

Punk'd, the hit MTV show hosted by Ashton Kutcher, began at the end of September on CTV. In this popular program Kutcher pulls pranks on unsuspecting celebrities, including Justin Timberlake and Kelly Osbourne. You'll be hooked after one hilarious episode.

For those of you who are too busy to devote any serious time to television in September, new reality shows will continue to premiere for the next couple of months.

After Joe Millionaire attracted millions of viewers for its final episode, FOX has planned a sequel that is scheduled to air in late October. The general idea of the first show was that a poor construction worker posed as a millionaire and dated numerous women who were unaware of his true identity. In the end, "Joe" chooses the woman he loves and she is let in on the secret.

Insiders have said that in order to find women who are oblivious to the premise of the show, FOX has been forced to recruit from somewhere overseas. Fans should anticipate a shocking twist at the end of the series.

American Idol devotees will also be delighted to know that auditions are underway and the third installment of the program is planned to start in January 2004.

Nickelback's latest CD is monotonous

By KRISTEN MCMURPHY

If you're a fan of Nickelback, then you will like their new CD. If you're not a fan, you will probably roll your eyes and shake your head.

Nickelback has done it again. They have produced one more CD packed with their same old predictable tunes.

The Long Road, released on Sept. 23, is not such a long road from their last release, Silver Side Up.

This is the first CD self-produced by the band, which consists of lead vocals/guitarist/songwriter Chad Kroeger, guitarist and backup vocals Ryan Peake, drummer Ryan Vekedal and bassist Mike Kroeger.

It seems as though Kroeger feels the need to maintain consistency with his musical style. In the music industry this may be a good thing, but eventually it gets monotonous.

In all fairness, there is a somewhat-catchy remake of Elton John's Saturday Night's All Right (For Fighting) on the album. The track borders the line between original and been-there-done-that when it comes to musical style, but it's definitely a step up for the band as far as creativity goes.

The 11-track album contains lyrics that are overly angry. The lyrics, although tedious, are not the band's downfall. It's the constant bellowing of music, the brief hesitation, and then the crashing into the chorus that makes it all sound the same.

Kroeger must have it tough if his lyrics are based on real-life experiences. Throughout the CD he touches upon bad breakups, long-distance relationships and drug abuse; typical grunge-rock-metal stuff thrown into an overpowering set of music.

"Down the road and 'round the bend/ we hope to God it never ends," Kroeger writes in the lyrics for the song See You At The Show. The band gets some credit for determination.

Without a doubt, there is talent within every member of Nickelback. Perhaps it is a hidden talent that each member needs to explore independently.

Switch it up, boys. Don't be afraid to try something new.

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TM

It's ECO-logical!

Samsara rocks at CD-release party

By CHRISTINA BRAMBURGER

"We're jacked! We are J-A-C-K-E-D, jacked!" says Ed Orso of the band Samsara over dinner just before the band's first CD-release party, Sept 25.

The Kitchener-based band consists of vocalist Shelley Potzold, 22, guitarist Nick Kruppa, 23, bassist Ed Orso who insists he's 14, and Conestoga College student Scott Corman, 23, on drums.

About 100 people attended the party at The Wax in Kitchener during which they debuted their six-song, self-titled EP.

Samsara is a Buddhist word that symbolizes the cycle of life and death that one must undertake in order to achieve enlightenment or nirvana.

It's so much more than just a name, says Corman.

"We're always going through this cycle of rebirth and that's what we wanted to symbolize."

The quartet got together in May 2003 after their previous seven-member band broke up. The four-some naturally gravitated toward each other.

"Practice, drive and organization; that's what we've got," says Potzold.

They also have an incredible amount of talent which has Samsara to where they are today in such a short period of time.

The band also credits their parents for all the support they have given them throughout the process.

Their jazzy-blues flavour combined with their classic-rock background sets them apart from the young, common jam-bands that have emerged lately.

The orgy of styles blends amazingly into each other to create the sound that is Samsara.

Potzold releases a dominating voice from her small frame. With a Gwen Stefani-ish sound to her, you can't help but sing along.

The cover of the CD is a hand-drawn image by Potzold, a fine arts student at University of Waterloo.

This picture says a lot, explains Corman.



(Photo by Christina Bramburger)

Nick Kruppa (clockwise from top), Shelley Potzold, Scott Corman and Ed Orso, all members of the band Samsara, recently played at The Wax in Kitchener.

"It's uniting us all in a circle."

The members of Samsara have become a family in the short amount of time they have been together.

"I've never had brothers, but I assume this is what it's like," says Potzold.

All four members knew at a young age they wanted to make music.

Corman says the greatest thing his parents ever did for him was enrol him in piano lessons.

"That was a catalyst. People say if you can play the piano you can play any other instrument and it's true."

"I think we can all agree that we want to play music for the rest of our lives," says Kruppa. "And also be as much of an influence as possible."

David Ambrad, 20, a second-year marketing student at Conestoga College, has become a major part of

Samsara's routine. Not only is Ambrad known as the party starter, but he also sells merchandise at the band's shows.

"I'm a pessimist desperately trying to find optimism in life."

*Shelley Potzold,
band member*

The synergy between all four of them now is just rocking, says Ambrad.

"When I first saw them live it pretty much blew my mind, it was awesome, it was so good."

All members contribute to the song-writing process, but Potzold and Orso handle most of the harmony.

She not only sings from the bottom of her heart, but the strength behind her voice lets you know she's singing from the very bottom of her soul.

Her rock star energy and presentation keeps you interested and her skee-bop sounds and expressions keep you rocking.

"I don't know how Britney Spears does it," Potzold admits of all the singing and dancing.

Orso exerts more energy during one song than most people do in an entire day.

Not only did he switch between bass and guitar with Kruppa, but Orso assisted Corman on the drums with his perfectly-timed wool-socked kicks to the cymbals.

He backed Potzold up on vocals with his acute voice and brought many dramatic elements to the show with his jumps, kicks and improvised guitar playing when straps and strings broke.

Samsara does not come with a show of lights and overly played-out hysterics. Instead, they showcase four incredibly talented musicians who control the level of energy in the room.

One person does not overpower the others, and no one vies for more attention.

Kruppa does not rely on any dramatic elements. He plays his instrument the way it deserves to be played and he does it amazingly well.

He teases the strings of his guitar to the point where his fingers don't even know where they are going to tread next.

During various guitar solos, Kruppa had his time to shine, in which he'd put the audience into a trance.

Corman controlled the music with his wild, barefoot antics on the drums.

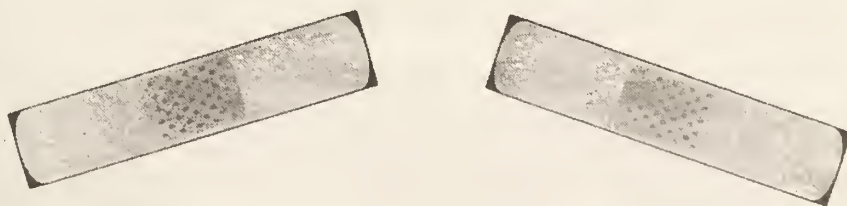
He kept beat and knew his set so well; it is probable he could play blindfolded.

Although each member is in their own element, the reassuring glances to one another energize them for the duration of the set.

It isn't until the group hug at the end of the show that the four members can actually feel the energy beaming off one another.

To purchase a copy of Samsara's CD one must attend a live performance, go to Encore Records or The Beat Goes On, or visit the band's website.

For more information on the members of Samsara and to hear some music clips go to www.samsara.cd.



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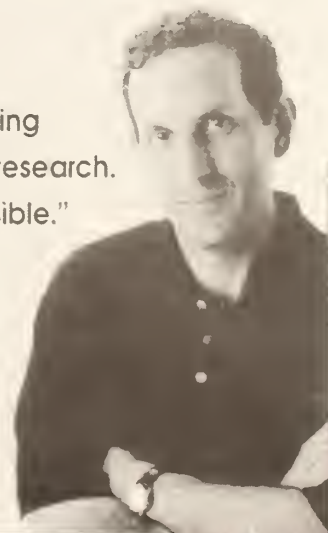
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Leaf fans have high hopes for upcoming season

By JEFF HEUCHERT

The NHL season is set to begin in only one week, which means soon students all over the school will be able to bring out their blue and white clothing to support their beloved Toronto Maple Leafs.

Like every year, Leaf fans are convinced this is the year the Maple Leafs will finally bring the Stanley Cup back to Toronto, and why not? Aside from already having a very good offence, this off-season the Leafs actually improved their defence, something fans have been waiting for much too long.

The signing of defensive free-agent Bryan Marchment proved to the fans the team is committed to winning. Marchment split last season between the San Jose Sharks and Colorado Avalanche, where he played in all seven play-off games for Colorado. Marchment recorded only two goals and 12 assists last season, but don't worry, it's not Marchment's offensive production they signed him for.

Marchment is known around the league as a punishing defenceman who will keep players away from his goalie's net. His 141 penalty minutes from last season reveal his style of play. The addition of Marchment strengthens the Leaf's starting blue line tremendously.

The Leafs are also hoping a few of their defensive prospects, like Carlo Colaiacovo, will make an impact throughout the long season.

Last year Colaiacovo started the season on defence with the Leafs, but was sent back down to their farm team, the St. John's Maple Leafs, after only two games. This year he is expected to play more often, especially after the season begins to take its toll on the players. Colaiacovo had a busy season last year playing with the Erie Otters in the OHL and in the World Junior Championship where he recorded 10 points.

The Maple Leafs could also call upon Karel Pilar, who last year played in 17 games before being sent down to St. John's. The Leafs were hoping Pilar would turn out to be one of their top defencemen last season, so he should see more ice time this year.

The only rookie with the potential to make the team is Maxim Kondratiev. The Russian defenceman has already received high praise from coach Pat Quinn, who says Kondratiev has a good feel for the defensive side of the game.

With these prospects the Leafs shouldn't run into problems late in the year when injuries take their toll.

The Leafs offence looks just as good, if not better, than last year.

New general manager John Ferguson didn't feel Doug Gilmour would fit into the team, but he redeemed himself by signing veteran Joe Nieuwendyk.

Nieuwendyk brings 17 years of experience to the team. His greatest contribution might be his experience playing for and winning three Stanley Cups. Nieuwendyk understands what it takes to win in the playoffs. This should benefit the young players, and even the veterans who have never played in the finals, like Mats Sundin.

The only questionable player on the Leafs offence is Owen Nolan. Nolan made a huge impact last year when he had 12 points in his first 14 games for the Leafs. Now, just before the season is to begin, there are questions surrounding his health. Nolan does have a bulging disc in his back but says he'll play through it.

If injuries do hurt the Maple Leafs, fans can rely on one of the best goaltenders in the league, Ed Belfour. When all else fails, Belfour always keeps the Leafs in the game.

The NHL season begins Oct. 8, but the Maple Leafs start their season Oct. 11, on Hockey Night in Canada against the Montreal Canadiens.



(Photo by Jeff Heuchert)

Pogo anyone?

First-year architecture construction engineering technology student, Tom Czerlau, waits for a free pogo from Derrick Hockenburry who was handing them out for Firefox Marketing outside the cafeteria Sept. 22.

Do you have a beef?

Spoke wants to hear from you. Write a letter to the editor.

Letters to the editor must be received by Tuesday at noon for the following issue.

You can: e-mail them to spoke@conestogac.on.ca, drop them off at the Spoke newsroom at 4B14, or mail them.

(See address at bottom of page 4).



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Men's Rugby

Oct 18, Vs Fleming, 2:00pm @ Jacob Hespler

Oct 25, Vs Humber, 1:00pm @ Jacob Hespler

Women's Soccer

Oct 7, Vs Redeemer, 4:30pm

Oct 15, Vs Fanshawe, 4:30pm

Men's Hockey

Oct 15, Vs Laurier, 7:30pm

Women's Fastball

Oct 7, Vs Durham, 5:00pm

IMPORTANT NOTICE!

For entrance to the Conestoga College Recreation Centre a valid student card or membership card must be presented at all times. If you do not have one of these you will not be granted access into the Recreation Centre without purchasing a day pass. Thank you for your co-operation.

Intramural Sports Sign Ups!

Sign ups at the Recreation Centre Oct. 14 till Oct. 22 for the following sports.

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Individuals can sign up for each sport at the front desk.

For more information
Call the hotline number:
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Young team refuses to give up

By KATE BATTLER

The men's soccer team at Conestoga College may be in a rebuilding stage but they are giving it their all.

This year 17 of the 23 players on the team are first-year players and there are seven first-year starters.

Coach Geoff Johnstone said the young team is talented, but experience does count for a lot around the league.

"They've done pretty well so far," he said.

The team had a good exhibition season playing two games at a Redeemer College tournament. They came out with a record of 1-1.

They also played Wilfrid Laurier University and Rochester College in New York.

The team seems to be maturing and growing together really fast, he said.

The first two games that were played this season were away games and the Condors tied both of those matches, one against Lambton College and the other against St. Clair.

The team lost its home opener against Humber College, the No. 1

ranked team in the province, 3-1, but they bounced right back in the next game against Sheridan College, the No. 2 ranked team, by shutting them out 3-0.

Right now the team is just trying to make it through the season with hopes of making it into the playoffs.

Coach Johnstone is hopeful for next year when the team will have more experience.

"They will win those games that they tied or lost this year."

The team only has three third-year players this year, the captain of the team Bojan Djokovic, who is also the top goal scorer for the team, as well as the goalie, Dino Vukmanovic, and one other player.

The Condors played Mohawk College on Sept. 30 and George Brown on Oct. 2 but the results of those games were unavailable at press time.

Their final two games of the season, which will both be played right here at home, are against Redeemer College on Oct. 8 and Fanshawe College on Oct. 14.

Both games start at 4:30 p.m. Everyone is invited to come out and cheer on Conestoga and help them make it to the playoffs this year.



(Photo by Kate Battler)

Marcos Bordadagua gets his jersey pulled by a Humber College player during a Sept. 23 men's soccer team game. The Condors lost the game 3-1.

Women's fastball team off and running

By JASON SMITH

Many baseball experts would be surprised to hear laughter on the practice field of a ball club who started the regular season with a 1-4 record.

But such is not the case with the 2003 Conestoga Condors women's fastball team.

Despite the unflattering start to the year, laughter, smiles and fun filled the air at the local Conestoga ball diamond as the lady Condors took to the field during a recent practice.

Always striving to improve, head coach Brad Scherer had the girls working on the basics, attempting to create an error-free team environ-

ment. Though the drills continued without much of a break, so too did the smiles, laughter and love for the sport that could be seen and heard from coaches and players alike.

Scherer, a resident of New Hamburg and a Level III certified coach, said the women's team is in a stage of redevelopment this year as the majority of the roster is com-

posed of first-year players.

"Our goal is to get into the playoffs and gain some experience," he said.

Scherer's three years as head coach in the Conestoga dugout and his role in choosing Team Ontario's midget fastball team aren't the only factors in the final equation of how well the female Condors perform.

Fawn Day, Conestoga's assistant coach, has already carved her own niche in the history books of Conestoga College as a ball player.

Her skill, knowledge and passion for the game allowed Day to become a three-time all-star pitcher and a three-time college athlete of the year at Conestoga.

The legacy the Condors' assistant coach has left behind should serve as an inspiration to the players, and remind them to reach for the sky.

Coach Scherer is also looking towards some of his players to provide a leadership role for the team.

One such player is catcher Melinda Wilson. Wilson was batting .313 with three runs and one RBI after the first five regular season games this year.

TEAM ROSTER

This year's team consists of Ashley Harrow (Pitcher), Kira Girard, Karen Cardwell, Jeni Williams, Amanda Martin, Mary Lynn Bross, Lee-Anne Smith, Jen Grunje, Shannon Kelly, Melinda Wilson, Ashley Came, Stephanie Sippel, C. Wick, Tawnya Wightman, Ashley Harrow, Marris Havens, Courtney Schuurs, Sherry Zettler and Laura Schiebel.

With the regular season opening Sept. 6, the girls have had a month to work out all of their kinks and aim for continuous progress as they strive towards a playoff berth.

Before playoffs get here however, the girls are coming off a double header against Canadore on Oct. 4 and will be looking forward to playing host to Durham at 5 p.m. on Oct. 7 right here at Conestoga's Doon campus.

The Condors also play at Mohawk College on Oct. 9 at 5:30 p.m.

COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- **Talk of** – escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide;
- **Feelings of** – desperation, hopelessness, disconnection from family and friends;
- **Situation** – relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, sexual/physical abuse;
- **Physical Changes** – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite;
- **Behaviours** – alcohol/drug abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

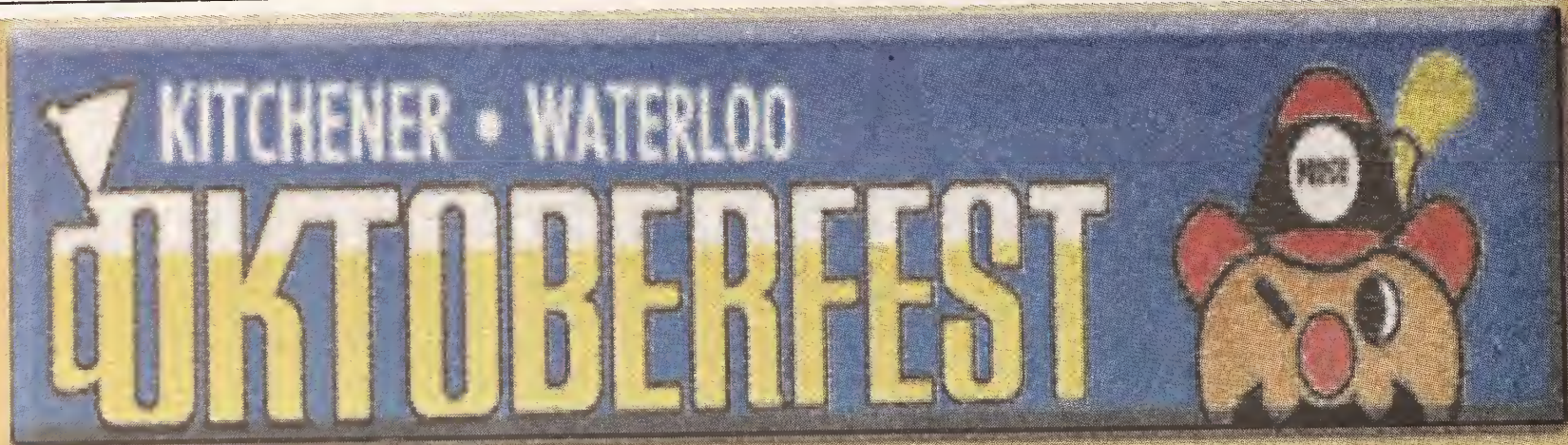
If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in Student Services.

A message from Student Services



(Photo by Jason Smith)

Coach Brad Scherer helps Tawnya Wightman with some batting techniques during a recent practice. Wightman is a first-year player and a second-year police foundations student.



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